

The World Renewal

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Mysore: (Above): Inaugurating the Mega Programme (L-R) Bro. D.T. Jayakumar, Minister for Tourism, Govt. of Karnataka, Shri Balagangadharanath Swamiji, Bro. M. Shivanna. M.P., Rajyogini Dadi Hriday Mohini, Jt. Chief of Brahmakumaris; Sri Sri Shivarathri Deshi Kendra Swamiji, B.K. Bro. Nirwair, B.K. Bro. Mrithyunjay and other spiritual leaders. **(Below):** A view of the mammoth gathering seen enjoying the spiritual discourse on the occasion.



1. Cuddapah (Shankarapuram): H.E. Bro. Sushil Kumar Shinde, Governor of Andhra Pradesh and Bro. N. Narasimha Reddy, Minister, being greeted by B.K. Sis. Eswari and others. 2. Mulund (Mahad): Justice Dilip Bhonsale, Chief Justice, High Court, Mumbai being greeted by B.K. Sisters Harsha and Aruna. 3. Panipat: B.K. Sis. Rama presenting Godly gift to Bro. Bhupendra Singh Hooda, Chief Minister, Haryana. B.K. Bros. Dr. O.P. Setia, Bharat Bhushan, Ashok and Sis. Gaura are also seen. 4. Raygada (Orissa): Bro. Rabinarayan Nanda, Hon'ble Minister of Science, Technology and Water Resources, Orissa, inaugurating the Live Tapleau. B.K. Jayanti and B.K. Surendra are also seen. 5. Chandigarh: Bro. R.C. Dogra, Health Minister, Punjab, inaugurating Positive Health Exhibition. B.K. Kusum and others are also seen. 6. Navsari: Bro. Mangu Bhai Patel, Minister for Tribal Development, Gujarat, being greeted by B.K. Sisters Mridula and Manisha. 7. Thane: B.K. Bro. Amirchand being felicitated by Mayor Bro. Vichare along with Deputy Mayor and other Councillors. 8. Dharan (Nepal): Bro. Tank Prasad Dhakal, Hon'ble Minister for Information and Communication, Nepal, being given Godly gift by B.K. Sis. Nani Maiyya.

Godly Service Report

KOLKATA MUSEUM

The Geological Survey of India Training Institute organized a Refresher Training Course for the drivers of the department at Kolkata. Apart from lectures on vehicle maintenance, an important topic in the programme was "STRESS MANAGEMENT AND POSITIVE THINKING" conducted by B.K. Sisters.

The programme was attended by 40 drivers along with senior officials of the Institute, viz. Dy. Director General Sri M.K. Mukhopadhyay and Director Sri Biplob Mukhopadhyay. B.K. Sister Munni, B.K. Jaya and B.K. Chandra explained the principle causes of stress in our daily life and how to overcome the same through proper understanding about the self, positive thinking and meditation.

Brother V. Raja Ram Mohan, Director (Mechanical Engineering) of the Institute appreciated the BKs for their services. He also stressed that the spiritual knowledge would open up new dimensions for leading a peaceful and happy life.

SRI LANKA Tsunami Service

A team of 18 BKs and helpers left for Batticaloa on 22nd April together with a lorry loaded with Plastic buckets with covers and hurricane lamps. They went straight to Kurkal Madam camp where Ms. Thangeswary, M.P., had arranged the temple hall for a spiritual lecture and Rajyoga Exhibition which was attended by more than 900 people. Highlight of the event was the giving of the parcels of plastic buckets and hurricane lamps for the families. More than 569 families affected by Tsunami received the parcels which were witnessed by Ms. Thangeswary, M.P., and also the G.S. (Village Heads) Mr. Parameswaran and Mrs. Thanalakshmi. Most of them received the parcels with respect as they felt that it was God's gift for them. In fact they also received a small booklet "God's Message" and a blessing.

The patients began to pour in as they realised that the BK doctors were really listening to the patients' complaints before giving treatment. The medical team had to work till 9.00 P.M. and

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Ordinary talent and extraordinary perseverance make all things attainable

THE FOUNDATION OF HAPPINESS IN DAILY LIFE

Happiness, and that too, ever-lasting happiness, remains to be the main focus of human existence. Whether rich or poor, big or small, young or old, all wish to lead an eventful life decorated with achievements in material, educational, physical and metaphysical pursuits. One just has to look at the newspapers to see the beautiful images of happy faces: "Miss Universe 2005", "Newly-appointed Ministers", "Newly-wed couples", "Students scoring Highest Ranks", "Newly-formed liaisons in Business and Industry", "Sports Players and Teams celebrating their Victory"... but unfortunately, the percentage of these achievers is too meagre. What about the remaining billions of human beings with drawn-out faces, emptiness in the eyes, poor health, low or no income, failures in life, bankruptcy in businesses, terminal illnesses, broken relationships, cut-throat competitions and other forms

of negativities harassing them at every step? These force us to withdraw from the prevailing situations for a while to sit back, think afresh and reflect deeply. We are compelled to go beyond, be an observer and analyze the tragic times we are passing through.

Learning from our day-to-day experiences, it becomes evident that humanity as a whole, though in reality one big family of the Supreme Father, has become blind to the basic tenets of happy living. The crowning seat of happiness is dependant on four major factors of daily life and these are as follows:

► Positive Health – The main source of happiness is a healthy body, the basis of which is a balanced diet and balanced routine.

► Positive Attitude and Positive Thinking – Thought is the seed of all actions. As is the seed, so shall be the fruit.

► Wealth – without wealth one becomes dependant and comes in bondage; money earned honestly and used economically

and in a righteous manner gives true happiness.

► Value-Based Educational System – Education plays an important role in shaping our personalities and moulding young minds: Education at the school and university level, education within the family and community, education as per the provincial and national spirit. Students then have the capacity to become 'ignited minds' as is desired by our President of India, Dr. APJ Abdul Kalam, or if not nurtured well, become perverse.

Formal education blended with Value Education plays an important part in sowing the seeds of good behaviour, positive thinking and harmonious relationships amongst the young, aspiring students. The recent *27th All-India Children's Personality Development Educational Camp*, for the age group 10-16, held from 23rd to 29th May 2005 at the Brahma Kumaris Complex, Shantivan, Abu Road, was a living laboratory bearing these practical results. The participants, comprising of 1200 girls and 800 boys from different states in India, received practical guidance in the art of positive thinking, meditation, and analytical explanations about the essential values required for

elevated consciousness and transformation of behaviour. This allowed the children to imbibe the spirit of living within an expanded family that teaches spiritual attitudes and gives the sense of belonging on the level of higher consciousness.

Over 250 teachers from different schools and colleges in India, under the guidance of Rajyogini Dadi Ratan Mohiniji, Chairperson of Youth Wing of Rajyoga Education & Research Foundation, and other senior B.K.s met the students personally, shared their life-long experiences and took thorough care of their requirements and wishes whether it was in education or sports, providing delicious meals, or organising picnics and cultural programmes. The young minds responded with keen interest and promised to keep alive the teachings and memories.

This experience through interaction between students and teachers – with the mission of “*World-Transformation through Self-Transformation*” in their hearts - can become a very powerful seed to bring about the required positive change in the otherwise dejected society engulfed in negative behaviour and troublesome attitudes. The positive attitude, sweet and inspirational words,

and elevated actions of the elders hold great emphasis for children’s development as adults are the most influential teachers in front of the children. With proper guidance, as was witnessed during the Children’s Personality Development Camp, elders can sow the seeds for a better tomorrow and thus fulfill their responsibilities accurately.

The Godly wisdom for one and all, elders and youngsters alike, lies in leading our respective lives with complete satisfaction and contentment. Balanced approach towards material well-being, intellectual pursuits, emotional contentment and spiritual enlightenment play a vital role for the required achievements to our satisfaction. Such sentiments were shared by the spiritual and religious leaders, as well as educationists, during their Seminar-cum-Retreat programmes for Educationists and Religionists in the third and fourth week of May 2005, at Gyan Sarovar, Mount Abu. Flowers of praise for the success of these programmes were showered by the participating educationists, religious leaders and the elite alike. Everyone returned with a firm resolve in their hearts to share their experiences and

spiritual wisdom with at least ten of their friends and relatives, and thus plant the sapling of a brighter future for all.

“FESTIVAL OF PEACE AND HARMONY”

Mega Programme held on 15th May 2005, at Mysore (Karnataka)

The famous land of the ‘Dusshera Festival’ and Vrindavan Garden, Mysore City, was graced with blessings and boons from the Supreme Father, God Shiva recently; over one lac people received these blessings in person, while millions took benefit with the help of science and technology. Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya centres of Mysore sub-zone had organised a mega programme, “*Peace and Harmony*” Celebrations on 15th May 2005, at the Arasu Boarding School Grounds, Mysore, under the able leadership of Divine Sister B.K. Lakshmi. Brothers B.K. Karuna and B.K. Mruthyunjaya, from Mount Abu, played pivotal roles in guiding the sub-zone team of B.K. sisters and brothers for 100% success in their mission to quench the spiritual thirst of hundreds of thousands of seekers in Karnataka.

About 10,000 B.K. sisters and brothers, including sub-zone ineharges and senior B.K. Teachers from around Karnataka, Tamil Nadu, Kerala and Goa gathered as hosts of this grand event of service to the world. They participated in a 3 km-long "Peace Procession" with tableaux and Shiv Baba flags on 14th May afternoon, followed by a Spiritual Educational Magic Show in the evening, which was much appreciated and applauded by nearly 25,000 people.

15th May evening was a gala programme of festivities, beginning with music and dance and concluding with beautiful renditions from the famous vocalist singers, Mr. Yesudasan and Mr. Ashwat, whose performances kept the audience rejoicing until 11.30p.m.

After the flag-hoisting and release of balloons, the main and eagerly-awaited part of the evening was receiving spiritual wisdom from **Revered Rajyogini Dadi Hriday Mohiniji** whose angelic demeanour, divine discourse and hand-of-blessings left the audience spell-bound for over 30 minutes. The pin-drop silence spoke louder than words; this power of silence

conveying Godly message of deep peace, love and goodwill would surely have brought immense relief to hundreds of thousands in person and millions through television, radio and newspapers.

Revered Dadi Prakash Maniji joined the celebrations through video-conferencing from Mount Abu and shared precious blessings, exhorting everyone to renounce negativities for the true experience of inner peace through Rajyoga Meditation.

The holy blessings of **Sri Sri Shivarathri Deshikendra Swamiji**, Mysore and **Sri Sri Sri Balagangadhara Swamiji**, Mysore, presence of **Mr. HC Mahadevappa** (Minister for Rural Development), and spiritual discourses by **B.K. Brother Brij Mohan, B.K. Brother Nirwair, B.K. Brother Karuna** added flavour to the spiritual feast. Government Ministers and other dignitaries who shared their greetings praised the efforts of the Brahma Kumaris in awakening and enlightening the masses.

B.K. Sister Renu, from Gulbarga, played her role of Master of Ceremonies most efficiently.

Several special instruments of service who made this great

event a phenomenal success deserve a mention, such as B.K. Brother Mruthyunjaya, B.K. Brother Nagraj, B.K. Sital Singh, Brother Rangnath, Brother Ramesh, B.K. Sister Sharda from Mysore, B.K. Brother Dharmraj of Mangalore, B.K. Sister Shantha and Sister Beena from Chennai, B.K. Brother Prem Singh from Gulbarga, B.K. Brother Basavaraj and B.K. Sister Nirmala from Hubli, B.K. Sister Radha and B.K. Brother Vasan from Cochin and others.

Like the Mysore Mega Programme, God's colossal task of World Transformation is progressing very fast under His direct and incognito guidance reaching nearly 100 countries all over the globe. Special messengers like Revered Rajyogini Dadi Jankiji, B.K. Brother Ramesh Shah and B.K. Sister Usha Shah are constantly busy in enriching the lives of people in U.K., Europe, Russia, Spain, Portugal and other regions. The beautiful and inspirational service news received daily from various corners of the world continues to motivate us and signal the onset of a new breezy season of the Golden Dawn.

... **B.K. Nirwair**

POSITIVE THINKING IN PRACTICAL LIFE SITUATIONS

- B.K. Surendran, Bangalore

Positive thinking assumes greater importance when we face adverse situations or individuals who put obstacles in our way. If you are a positive thinker, there will be no problems in life as challenges are mere opportunities for growth and development. Life is built with reformative measures to the very core. Life is not for sufferings, worries, tensions and stress; it is an occasion to celebrate every moment.

The concept of drama is the very basis of life. One should train the self to be an expert and entertaining actor on the stage of life. When I look back at many events in life where I used positive thinking as a tool to keep the boat of my life stable in the ocean of life, the basic foundation has been unequivocally the 'values in life'. Positive thoughts are nothing but an expression of our values. Every incident I have passed through or witnessed in others has been linked to one or more of the values in life. I have selected

a few incidents to share with the esteemed readers:

Wisdom and Compassion

A person was shouting at me for no reason. Apparently he was very disturbed. The atmosphere became very tense due to his nasty vocabulary and people gathered around us. Being a positive thinker, I looked beyond the present situation; I felt he had more problems. Normally he would not have acted this way. I had the opportunity to react violently as he was doing or I had the option to keep quiet and calm. Since I knew that a disturbed or misinformed person could only resort to such an act, he required my sympathy and compassion. I sincerely wished that he cools down and comes to his senses. My thoughts of good wishes and calmness had a miraculous effect over him and he did become silent. He came to apologise after some days.

Tolerance and Compassion

My neighbour was always ready to pick a quarrel or dispute with me. I tried to make him see

reason but words of wisdom had no effect on him. I was not ready to start fighting or be violent as I am a positive thinker. My neighbour gathered all the waste in his area and threw it into my compound. I started to think constructively and positively; I brought his image into my mind and gave him a lot of good wishes and pure feelings. Despite his misdemeanour, I visualised him as a good person. I visualised him to be behaving friendly and lovingly with me. I continued this practice for a while and noticed that he cooled down after some days; he stopped quarrelling with me. Since he had been throwing garbage into my compound every day, I thought of an idea to use this dreadful situation to my advantage. I dug a pit in the corner of my compound and dumped all the rubbish from my neighbour's home as well as from my compound into it. I added some cow dung over it from time to time and it became good compost in a short while. When my neighbour found out I had sold the compost to an agriculturist, he stopped his mischief! Today, our relationship has improved.

Patience and Good wishes

My friend and I had known each other for the last 25 years. Suddenly, my friend stopped

talking to me and I didn't know the reason. Apparently, there had been a misunderstanding over a transaction but he did not discuss it with me. I was not able to understand what the misunderstanding was. I thought over the situation and came to the conclusion that the problem was his and not mine. I still had the same respect and love for him as before and I carried on as usual. When I had not done anything to upset my friend, I could not see myself responsible for this misunderstanding. I asked him what the problem was but he remained silent. I convinced myself that time can only heal this problem. I kept my peace whilst sending out pure and friendly wishes to him. In time, he came to me and apologised for his behaviour and the misunderstanding.

Faith and Courage

One of my close relatives met with an accident. He lost one of his eyes and a hand in the accident; his wife and children and other relatives were worried about his future. Several people visited him and shared sympathetic words of assurance; somebody blamed fate while others blamed God. I too went to meet him and expressed my compassion. He told me he was very lucky as he had another eye and hand.

He thanked God for this good fortune and felt he could continue with life. He also admitted that earlier he had been a careless and fast driver, under the impression that nothing would happen to him but the accident had taught him to be alert and attentive always. Nonetheless, he has the good wishes and support of many people and so continues to experience blessings in his life. Only when something untoward happens in our life, do we look inside and see what the cause is.

Patience, Optimism and Courage

Everyone is afflicted with one or the other disease at some point of time. When we are afflicted with ailments, we become worried and stressful, it is difficult to look at the brighter side of the circumstance and this often aggravates the disease. Getting the best medical attention is a primary duty but just as important is to change our attitude towards the illness. Realise that the mind and body are being given an opportunity for complete rest. Practise being soul-conscious as this will make you feel empowered. When you see yourself separate from the body, the illness will not make you feel helpless. Read good books to enrich the mind, hear

pleasant music or the best of all, meditate. The medicine, positive attitude, good wishes from others and God's love will help you settle the karmic account.

Faith-Courage-Determination

One of my contacts had a lucrative garments business. He once went on a tour with his family and when he returned he was told his shop had caught fire. He rushed to the spot but it was in shambles by the time he reached. The fire had started due to a short circuit. He visited the site next day only to find ashes of his great shop. He stood there analysing the situation and gradually accepted fate. He chose not to worry about the loss but examined the innumerable choices he now had; he was determined to rebuild his business. He realised he had some money deposited in the bank; his faith in himself and in God had not got burnt; the blessings of elders and well-wishers had not been taken away; the good wishes and supportive words of people had not been destroyed. He started his new business in a week's time; financial support and help from different sources started flowing in and he was able to create a more prosperous business. ●

THE GODDESS OF KNOWLEDGE

After *Prajapita Brahma* (Father of Humanity), the place of *Jagadambā* (World Mother) *Saraswati* is great in its own right. No amount of praise is sufficient to describe the highest form of purity, intense *tapasya*, and unshakeable faith that she contributed to the establishment of the *yagya*. What a wonder of nature she was! On seeing her, even a non-spiritual person spoke out:

"Mother, O Mother! Your cool shelter...

Your comforting hands!

I agree to everything you

request O Mother.

Wherever you take me, I see the skies and forget the world.

Mother; O Mother!"

Her demure smile, decorated by the colour of knowledge by *Shiva* and *Brahma*, could wipe away anyone's tears forever. The rays of light from her pure eyes could transport anyone to the highest abode on the wings of *yoga*. Her divine personality resembled that of a Commander of a non-violent Army. With the combination of *yoga* and royalty, she carried herself with elegance, divinity and propriety.

Her mere touch could calm one's mischievous senses. Whenever people visited her, she was always found either deep in meditation or as the swan, inculcating jewels of knowledge. She had a magical personality! Her behaviour and actions emitted a beautiful fragrance. Those in her contact benefited immensely.

Our fortune is a hundred times greater for not only being *Brahma's* children (*Brahma Kumars* and *Brahma Kumaris*) but sons and daughters of *Saraswati* as well. People pray to the goddess of Knowledge, wishing to receive the blessing of divine wisdom but we have drunk nectar from her pure hands, and experienced heavenly bliss whenever she spoke the knowledge through

the *veenā* (Indian musical instrument) of her mouth. Her blessed hands have showered love on us. We are the progeny of her lap of knowledge. These eyes have witnessed *Saraswati* stand, sit, and interact on earth. If there is nothing else I have achieved in life other than this, then it is enough! Can there be anything more beautiful in the entire world?

When she walked the earth, sky reverberated in divinity. The moon too



Mama flanked by Dadi Prakashmani and Didi Manmohini

would stay up whenever she burned the midnight oil remembering God Father Shiva. She was Parvati who sat in the mountains in *tapasyā* of Shiva. She was Gauri and Himraj's daughter, faultlessly beautiful with knowledge and virtues. What have you seen in the world if you haven't met her personally? This was the only opportunity to meet the one whom the world regards as first goddess, Mother Amba, Eve, Hawwa etc. I have lived with her, been sustained by her, and played under her protection. Those days were so unique! There could not have been a more fascinating experience. She was the pride of Bharat and the women of Bharat! She was the greatest amongst yogis. She personified philosophy, religion, and integrity. Nothing could have existed without her. She listened to Godly knowledge given by Supreme Soul Shiva, through the medium of Prajapita Brahma, and then explained it to the children of the *yagya*. She became instrumental in looking after the *yagya*'s children. She had the right to sit beside Prajapita Brahma and explain divine knowledge daily.

Embodying the form of Durga, Mateshwari protected the *yagya* and faced all obstacles. She endured all

adversities from society and the Government. Within the gathering, she made the *yagya*'s children shine, despite their differing personalities. She sang the lullaby of knowledge and thus nurtured each one. She was the first *Mā Sheetalā* (Mother of Coolness), *Mā Santoshi* (Mother of Contentment) and *Mā Annapurnā* (Bestower of Food).

A Prime Bead in the Rosary

Prajapita Brahma himself said she was worthy of being the prime bead in the rosary. He granted her the title of "*Yagya Mātā*" (Mother of the *Yagya*) and respected her completely. Keeping her ahead, he would advise all men to do the same for sisters and mothers. Many times, Baba would even come up to the railway station to see her off on service tours.

I have visited around 50 countries in my time and seen a number of beautiful women, as well as many leading women scholars, social workers, administrators, and orators, but in comparison Mateshwari's divinity, nobility, and beauty were heavenly! Her conscience was unmatched. She transcended the level of humans and belonged to the pure clan of swans. No matter who saw her – a

sinner, murderer or a devotee – they would all address her as "Mother."

She was never on earth despite being on the ground. Her spiritual awareness and light of *yoga* had the power to make on-lookers forget their bodies and stabilise themselves in soul-consciousness. Even if they did not experience total soul-consciousness, their own spiritual awareness would awaken. Being in her company for even a short while, a person's negative *sanskārs* would merge and be replaced by elevated *sanskārs*. Such was our Jagadamba (World Mother) Saraswati!

"Mother, we bow down to you hundreds of times!

Mother, O Mother, your cool shelter,

Your blessed hands,

We accept whatever you say, as therein we reach the skies!"

(– Excerpted from the article by late B.K. Jagdish Chander)

AN INTENSE YOGI

On one Deepavali evening, Baba's children were celebrating with firecrackers. After a while someone noticed that Mama was not there. Some children went looking for her and finally found her in deep meditation, bestowing blessings to all her devotees in the various temples/places round the globe!

THIS WONDERLAND CALLED INDIA

(Continued from May 2005 Issue)

B.K. Bro. Robin Ramsay, actor, director and playwright from Australia interviewed by B.K. Ranjit Fuliya, Associate Editor.

Bro. Robin, you have toured all over India. Who do you feel are the real instruments of spiritual service?

There is a wonderful aspect about my tours in India: you feel the depth of the way in which God has touched the Indian people. Ninety eight percent of all the BKs in the world are of Indian origin. I particularly admire the young, surrendered sisters who are the backbone of the Brahma Kumaris movement in India. Three or four sisters may live in one room, the size of a small western living-room, in a majority of the BK centres scattered throughout India, and there are thousands of these little centres. In this small room they sleep, give classes and courses and also meditate. They generally have a separate kitchen, which of course is a tiny kitchen. But despite the size, when you walk into the little room it is glowing with spiritual life—it is a spiritual power-house and you can feel the pure glow of spirituality. There may be two or three

young sisters, may be one slightly older sister, and they will serve you food – *Brahma Bhojan* – which is like the nectar of God. You eat this food and it is a tangible spiritual sharing. This is their depth of love for God. They are just ordinary people transformed by God's love.

What has been the role of the Brahma Kumaris institution in the area of women-empowerment?

Brahma Kumaris World Spiritual University is changing the life of women, in India especially. Women for so many years have been downtrodden, particularly in spiritual matters. The founder of the BKs, Prajapita Brahma, who was the human medium of Incorporeal God Shiva, had great regard for women. Jagadamba Saraswati, or Mama, played a very important role. Since the very beginning of this organization, women have been kept at the forefront and it has given a new life to women in India. It is quite

a radical and revolutionary move. Even today women run this organization with Senior Sisters or Dadis at the highest level, and young sisters at the lower level – lower not in spiritual terms but within the organizational hierarchy.

How were you attracted to India?

I have always been attracted to India and in fact many foreigners continue to be so. It is a magical place to many westerners. The renowned American writer, Mark Twain, writing about India said, *"If there is any place in the world where all our dreams have found home, it is India"*. This is true because when we look to great spiritual thinkers of the world, where did they come from? They all came from India: Rama Krishna Paramhans, Rabindranath Tagore, Mahatma Gandhi are the lighthouses to the world. The tradition and cultural heritage of India is indeed very rich. Of course I grew up reading the Bible but very soon I read *Srimad Bhagwad Gita* and was influenced by its teachings. Now I understand that these are the teachings of Incorporeal God Shiva for the moral rejuvenation of the entire mankind.

Many stories of angels and fairies in the world in fact come from *Ramayana* and *Mahabharat*. They are the genesis of many stories of the

foreign countries. Indian scriptures are so colourful and are presented in a very beautiful way, e.g., the Ramayana produced by Shri Ramanand Sagar is quite wonderful.

What is similar between the cultural heritage of Australia and India?

‘Australian culture’ is not an ancient culture. The Anglo-Saxon culture there is just 200 years old. We were a colony and we are still evolving, though we now understand that our aboriginal tribes people and their heritage came from India some thousand of years ago, and their relationship with the land is deeply spiritual. It is a composite culture where different communities are living harmoniously and peacefully. It is a very fortunate country to be in and I have many Indian friends there. Australia is known to provide high-quality education to international students, who are attracted because Australia is a safe destination, it has an enormous cultural diversity and the society is welcoming.

You have acted in 20 films. Which is your most memorable role in films?

In films, I enjoyed my role in the film, ‘*Mad Dog Morgan*’ where I played the role of a French photographer. It is the colourful story of a dacoit and how the French photographer

gets friendly with the former. It is the story of a dacoit seen through the eyes of the photographer.

You have great love for theatre. How did Shakespeare influence you? How many Shakespearean plays have you acted in and which role did you like the most?

How do you perceive the famous quote by Shakespeare: “Some are born great, some achieve greatness and some have greatness thrust upon them”?

Yes, I have great love for theatre, partly for its simplicity. As I already mentioned, Shakespeare said that for theatre you just need three boards and passion; you just need somewhere to stand and something to express. Shakespeare stands head and shoulder above all other writers. Country after country, whether India or Russia or anywhere else, Shakespeare has been head and shoulder above all other playwrights. He understood people, whether they were good, bad or otherwise. He was deeply spiritual largely because of his understanding and compassion for humanity. He had great hopes for humanity. I played many of his characters including Malvolio in *Twelfth Night*, King Henri IV and

Shylock in ‘*The Merchant of Venice*’. I enjoyed playing all of them and each one has been a highlight of my life.

You reminded me of a very famous quote by Shakespeare: “Some are born great, some achieve greatness and some have greatness thrust upon them”. This is a true depiction of the laws of *Karmas*.

What were your feelings when you played the character of Shylock, particularly when many people despise him?

People have not understood Shylock properly. He is a Jew, belonging to the minority community and is ill-treated by Christians. He is, in fact, an underdog. He is a man of great wisdom but as with all the Shakespearean characters, he has the fatal fall of a kind, that is, he has pride.

You are well aware that many countries of the world are reeling under corruption, which hampers the development process. Can you suggest some measures to eradicate this social and economic evil?

There is a wonderful slogan of the Brahma Kumaris: “*When we change, we change the world*”, or “*When we change, the world also changes*”. When more and more people will understand that their true nature is a divine being, they will

change their habits. The more people understand the Laws of Karma, as taught by the Brahma Kumaris, and follow their basic teachings, the more there will be transformation in their nature and habits. The way the people are, the way the world is.

How many members of your family follow this spiritual path?

My wife Barbara has been in gyan for almost twenty years, as has been my younger daughter, Jasmine. Barbara has written several books on spirituality and some of them have also been presented in dramatic form. Jasmine is a university graduate and a trained paramedic working in the ambulance service. She recently went to South India to help in relief operations with B.K. Brother Karuna, following the Tsunami disaster. She presents a practical self-help program called 'Wise in Crisis' and is now back at the university for her Master's Degree.

B.K. Sister Barbara has written the book entitled 'The Tao of Traveller'. What is it about?

'The Tao of Traveller' is the story of a school teacher who travels throughout India and comes to understand the heart of Indian spirituality, as he knows the main tenets of the Brahma Kumaris organization

and his life gets transformed through spirituality and Rajyoga. She also wrote 'The Accidental Mystic', which was also presented in dramatic form in several countries. Some of the works were presented in dramatic form as a part of the programme, "Global Cooperation for a Better World".

When do you plan to visit India next? What attracts you to the BK's Headquarters in Mt. Abu?

I plan to come back during October 2005. We hold a special week-long programme for overseas guests, called "Peace of Mind Retreat" at the Brahma Kumaris Headquarters. Personally I get spiritual rejuvenation by coming to Mount Abu, in the very heart of Baba's heart. I like to be where the footsteps of Brahma Baba were. Like a sponge, I want to soak and hold onto the vibrations and attitudes of a great and wonderful family, where real love and co-operation are tangible. To renew friendships and exchange fresh insights and spiritual discoveries here where it all began, so to speak, is a great fortune. A life with God is a life indeed.

What is your message for B.K. brothers and sisters throughout the world, keeping in view the current guidelines received from Incorporeal

God Shiva? What endeavours should we make?

Ranjit Bhai, happiness is a great thing. Baba tells us that the main *sanskars* of *Satyuga* is happiness and if we cannot remain happy now, we can never be happy. If we do not imbibe the *sanskars* of happiness in *Sangamyuga*, how can we bring about *Satyuga*? The foundation is finding my own happiness on this path and sustaining it, living a joyful life of meditation and service. And it is also finding happiness in the principles we follow. Let us find happiness in the different *sanskars* of the people we meet as it is the dance of different *sanskars*. We are all actors in this great drama of life...rich in variety! This Rajyoga is the secret to find happiness. Baba says, during the day be soul-conscious, and live like a trustee, i.e., be an instrument for the Almighty. At the time of sitting down, ensure that meditation is deep and silent.

What would you like to say to your Indian B.K. brothers and sisters?

Lots of love to all my brothers and sisters here in ancient Bharat! You are examples of great love and dedication for us brothers and sisters from foreign countries, and as our hosts, you are incomparable!

(concluded)

TOWARDS A BEAUTIFUL MIND

(Continued from May 2005 issue)

■ B.K. Anjali Prasad, Delhi

When the mind is in company of the Supreme Soul, the vibrations of serenity and beauty emanate from Him and reach the soul; the mind is then healed. Negative *karmic* accounts are dissipated and we become merged in the beauty of our own self. A beautiful mind is possible to attain; it is a stage where revenge is not even an option, but seems repugnant to the mind. Such beauty of the soul is ours if we continue on the path of cleaning the self of all negative emotions through yoga and personal effort.

The next thing to do is to protect yourself from further hurt and deceptions. This is vital because if you start to believe that others are going to change automatically just because you are making efforts, then you are putting yourself in situations that will bring disappointment again. This doesn't mean we have to be defensive or rude to people, trying to show that we are strong, nor does it mean we should hurt them in return for their bad behaviour. We have to look at our own

weaknesses, those that make us vulnerable, and remove them: become internally empowered and use our virtues and values as our strengths.

If you are criticized or mocked for a certain behaviour or personality trait, the best thing to do is verify from a reliable source whether this behaviour is truly a flaw; if so, then make efforts to remove the flaw or change the behaviour. Rather than feel offended by negative remark, use it to improve your character.

There will be certain people who are critical of everything you do, be it right or wrong, so then find a way to deal with them; when you look at their positive qualities rather than their nature of criticising others, that is give them respect and love, you will be able to ignore their weakness. Yoga will also help you to find correct ways to protect yourself.

Make it firm that you will avoid conflicts at any cost. Try to avoid those who aggravate you but if this is not possible because you have to live or work with them then avoid getting into topics or situations that you know

will start a 'fire'. Try not to discuss controversial topics such as religion, politics, or personal matters. Resolve not to react if they "needle" you. Remember it takes two to start a quarrel; develop an indifferent attitude towards them. Understand their nature and qualities and work around them.

As you move towards your goals in life, there may be things that hinder your path and frustrate you; don't waste your time cursing the obstacle but focus on your potential and strengths. Defeats and disappointments are sometimes part of life but they do bring with them important lessons to be learned.

It is important to realise that the one friend and guide who remains silently beside us through all happy and challenging scenes of life is the Almighty God. The more we keep a positive and elevated frame of mind, the more we are able to use His powerful company. Train the mind to see life in an optimistic way. Otherwise the only other option is to look at the darker side of life and have all your experiences be coloured with negativity and depression. You can build energy and vitality in your brain and body by being optimistic. A positive attitude keeps the body healthy while a

(Contd. on page no.28)

A Life's Journey— From Radhe to Mama!

■ B.K. Brahma Kishore,
(former Judge), Allahabad

Call it a coincidence of history or the anguished SOS cry of a distressed, degenerated and dehumanized mankind, that after the horrible holocaust of the First World War, a divine messenger of love and peace descended upon the holy land of India, in 1919. Jewel of a girl, Radhe, was born to mother Rechan and father Pokhar Das at Amritsar. In the midst of elder sister, Parvati, and younger sister, Gopi, a little doll swinging in the cradle of love and affection, bloomed from a tiny bud into a flower.

Parvati had been married earlier. Pokhar Das was a big merchant of gold and silver and also a wholesale dealer in Desi Ghee. His business empire extended to as far as Bombay, Madras and Ceylon. He suffered such a huge loss in business that he turned a bankrupt. This caused a massive heart attack to which he succumbed prematurely. Therefore, Radhey and her family had to shift to her maternal house at Hyderabad

(Sindh), when she was barely fourteen.

Right from childhood, Radhe had a razor-sharp intelligence and personality of multi-faceted splendour. She always topped in every class and was equally adept in singing and dancing. Radhe alone got the first prize in every competition in school. Her favourite song was: "Twinkle, Twinkle, Little Star,", to the tune of which, she danced a perfect sequence. She was fond of wearing English Dresses – white frock of different designs and an effeminate hat on her head. She was fond of latest fashion; whenever new and excellent dresses appeared in the market, Radhe was the first to buy and wear it. Everyday she had a new frock as the school dress.

Radhe had very long, dense and black hair, a plump body, fair complexion, attractive features, a supernatural glow in her eyes; a soothing smile always illumined her face, her look was very

sweet, full of warm affection. *When she spoke, which was little, it so appeared that flowers of wisdom trickled down from her mouth. She was full of vigour and vitality. All in all, Radhe owned a very powerful, wonderful and attractive personality.*

Radhe had studied in Kundan Mall Model School at Hyderabad (Sindh) up to Matriculation. Dadi Prakashmani, who presently is the Chief of the Brahmakumaris organisation, was her class fellow and they used to sit on the same bench but there was no close friendship. What a contrast! One was a doll of fashion, while the other was simple, plain, straight, modest



girl – yet there was definitely a mutual attraction and spontaneous affection between them.

Another sister of Radhe's mother, named Dhyani, too, had lost her husband and she also had come to her parental house at Hyderabad (*Sindh*). There was much grieving at home since two sisters had lost their husbands. Whenever the two widows met each other, they used to exchange their tale of woes and cry in grief. The whole atmosphere was immersed in sorrow and the mood was surcharged with gloom and depression. Their third sister was the mother of Dadi Shantamani, who is now In-charge of BKs' Shantivan complex. Mama's maternal house was in the same locality in which Dada Lekhraj and his wife Jasoda Mata lived. Dadi Shantamani's mother would often visit her two sisters to console them. Once, when she was returning after meeting them, she had a chance meeting with Jasoda Mata on the road. On hearing the tale of woes of her sisters from her, Jasoda Mata invited her to attend "*Gita Satsang*" by Dada Lekhraj at her house. She also advised her to introduce the knowledge to her sisters so that they might

also experience peace of mind. Dada Lekhraj used to elaborate the essence in the verses of Gita, in simple words, easy expression and interesting manner. He used to explain the relationship of physical body, the soul and the Supreme Soul in such a simple, easy and forceful manner that it got permanently embedded in the mind and heart of the listeners. *Both at the start and at the end of the Gita Satsang, Dada used to articulate the humming sound of "Om," in such a mystic manner that it produced a celestial vibration in the physical body. The listeners experienced that they were the soul, as distinct from the physical body.* Dadi Shantamani's mother attended the *satsang* and found it quite beneficial and her whole family got interested. On her persuasion, both her sisters also attended the *satsang* and got mental peace and spiritual enlightenment. The Supernatural realisation brought about such a miraculous transformation in the life of the two widows that they stopped bewailing and crying. A wave of joy and zeal, of vigour and vitality, of hope and will to live, returned in their life.

On seeing such a miracle in

the life of her mother and *mausi* (mother's sister), Radhe was so much influenced that from the very next day, she began to accompany them to *Gita Satsang*. Her interest turned from being a doll of fashion to becoming an angel of love and peace. When Dada saw a new girl in the *Gita Satsang*, on the very first day, he obtained her introduction out of curiosity. Dada instantly realised that she was the very Radhe who had to become the torchbearer of the *Gyan Yagya*. Dada began to administer special dosage of *Gyan* upon Radhe and entrusted her the work of singing hymns in *Gita Satsang*. Radhe had cultivated such a perfect art of articulating the humming sound of "Om" that the listeners became spell-bound, landed into a world of meditation through a celestial vibration in their physical bodies, and came face to face with their soul. The attendance in *Gita Satsang* progressively increased. The spell of Radhe had clicked. People started addressing her as "Om Radhe". Dada too called her "Om Radhe" and sometimes "Betí" (daughter). Om Radhe was an accomplished singer. Her oratory skills were also powerful and logical.

After some time, Dada had to go to Kashmir along with his family. In his absence, he had entrusted the entire responsibility of running the *Gita Satsang* to Om Radhe and she discharged the same with admirable success and popularity. *One day, when Om Radhe was humming the sound of "Om", Gopi went into a trance, had a divine vision of Sri Krishna and began to dance in joyous radiance. That was the first divine vision in a state of trance in the Satsang. Later, several others had such an experience.*

When Dada returned from Kashmir, he felt elated at the incredible success and popularity of the *Satsang*. Gopi saw in him the vision of Sri Krishna and in Om Radhe the vision of Sri Anuradha. Gopi began to perform a circular dance around them (Ras Leela), associated with the legend of Sri Krishna. At that time, Dada proclaimed: "Children, you have to go to heaven, the capital of Sri Krishna and hence you have to lead a life of purity (Chastity). That stirred up a hornet's nest among married women, whose husbands vehemently protested against such a distress, leading

to frequent quarrels in their house. There were protests, opposition, picketing and coercive encirclement etc. Dada in such critical and trying circumstances, used to depute Om Radhe to convince people and to pacify their frayed tempers. She invariably succeeded in her mission with her sharp intelligence, tactful approach, argumentative skill and disarming courtesy. Dada took the stand that whatever the Supreme Soul directed, he uttered and did; nothing of his own. That was in 1936, when Radhe was just 17.

When Dada's daughter, now known as Dadi Nirmal Shanta ji influenced by the divine knowledge came to stay with him, with the aim of following the spiritual path, Dada placed her under the affectionate care of Om Radhe. Dada told his daughter to consider Om Radhe as her Mom, because she was looking after her as a mother does. Thus Dadi Nirmal Shanta used to call Om Radhe as Mama and also treated her as such. Such was the motherly instinct of Om Radhe even at that tender age that in course of time everyone used to address her as Mama, and Dada too called her so.

Gradually it became clear to

the followers of this divine path that Incorporeal God Shiva was disseminating the esoteric knowledge through the corporeal medium of Dada Lekhraj. *With the passage of time, Incorporeal God Shiva revealed through Dada Lekhraj the secrets of the Eternal World Drama, the secrets of Creation, Operation and Destruction of the world, the Time Cycle of 5000 years and other spiritual mysteries, hitherto unknown and renamed him Prajapita Brahma.* His divine discourses (*Shrimat*) held sway over myths, dogmas and rituals. Mama imbibed this spiritual knowledge and propagated it so lucidly that it captivated the listeners. Thus, the mission of Brahma Kumaris grew in acceptance, recognition, strength, success and popularity. Mama came to be known as *Yagya Mata Jagdamba Saraswati*.

Such is the legend of Mama, in short, very-very short, as her mystic contribution in a life span of 46 years would fill the pages of volumes after volumes. She left her mortal coil on 24th June 1965, now celebrated as Mama's sweet Remembrance Day. ▲

MY MAMA

*Experiences with
Mateshwari Jagadamba*

THE IMAGE OF SERENITY AND STABILITY

– Dadi Nirmal Shanta

Mama was very mature and silent. Mama would speak the Murli as well as look after the *yagya*'s responsibilities. While performing all her duties, she always remained cheerful, peaceful, sweet and focused. When the *yagya* faced financial hardships, there were times when there was absolutely nothing for



KARACHI (1938) – Mama and Dadi Nirmal Shanta
in 'Radha Bhawan'

anyone to eat and this made a few faces fall sullen. But Mama's unshakeable and unbreakable faith in Baba would keep her constantly smiling and free from worry. Even when Mama's mother left her mortal coil, she maintained her mental stability and inner calmness. I never saw Mama reprimand anyone for making a mistake or get angry even to the slightest degree; I never saw her upset or angry.

Sister Santri used to stay with Baba (to take

care of his needs) and I with Mama, and therefore I have watched Mama very closely.

PURITY AND ROYALTY PERSONIFIED

Mama was a perfect blend of simplicity and royalty. She never laughed loudly but merely smiled. She would say, "Lust, anger, ego etc. are the doorways to hell and so you children should not become angry. Anger is said to be a ghost. When I get angry, a ghost enters me. So children, never become a ghost yourself; never become furious. No matter what happens, never get angry."

If someone spoke too loudly, Mama would explain to him or her lovingly – "You live in an ashram. It is not good for you to speak in a loud tone. You should speak softly and peacefully". Even if someone had committed a big blunder, she would tell him or her, "Is this really true? Please pay attention in future. Don't let this mistake be repeated." Mama never asked the soul why the mistake occurred but she would lovingly give a method and the strength to bring about change. In this way, she would transform them with love and gentle caution.

Whenever I looked at Mama, I felt she was definitely going to become Shri Lakshmi, Empress of the Golden Age. Mama would inspire me to serve: "Go, daughter. Explain the knowledge to people. If you do *seva* (service), you will receive *meva* (reward)". Mama taught me how to serve and give knowledge to others.

Mama was an intense yogi. She appeared to be ordinary but was in fact a mine of virtues. She had a unique way of sustaining others.

I called her "*Ma*" (Mother) or "Mama" and

addressed my *lokik* mother as “*Jashoda Maiyya*” (Mother Jashoda). I had been brought up with much affection like a princess; we had servants who attended to every task at home. But Mama taught me to do everything, be it driving a vehicle, sharing knowledge, cleaning utensils etc., and it was her power of love and patience that made this possible. It was these elevated

sanskārs, sweet nature and divine virtues that made Mama, Mother of the Yagya.

Mama always spoke about how we can claim the inheritance of Baba’s throne: Firstly, we should not make any mistakes. There should not be a trace of lust, anger or body-consciousness. Constantly remain in the bodiless stage, remember Baba sincerely and then do service.

COMPASSIONATE AND KNOWLEDGEABLE

—Dadi Hriday Mohini

Sweet Mama, whom we used to call *Mateshwari*, was the goddess of our hearts. Her expert organizational skills in creating the new world were unique and incomparable. Mama sustained so many young girls like a mother and was adept at bringing about transformation in their lifestyle. Whenever Mama heard something wrong had occurred and the person involved was hesitating to come before Mama out of shame, her parental affection would emerge. She would

gather all the children of the *yagya* together and make them aware of the incident, so that they would see it as an insignificant incident. The person would then own up his or her mistake and reform themselves forever. The mirror of their heart would become clean.

When Mama analyzed the knowledge, it seemed as if goddess Saraswati was speaking. Once in Secunderabad, some citizens were opposing the BKs. When Brahma Baba asked Mama to visit the place, Mama accepted the *shrimat* whole-heartedly and set on her way; I accompanied Mama to Secunderabad. Mama met with the opposition party. Hearing her sweet and

meaningful words, they literally melted. *It was their experience that Mother Saraswati herself was speaking to them. Witnessing this form of Mama they said, “Mother, forgive us. We did not know who you are. Knowledge heard through your lotus-mouth is unique and worth contemplating on. Whether or not we follow the gyan, your presence has opened our inner eye.”*



Mama seen with Dadi Hriday Mohini, Dadi Prakashmani and other Dadis.

READERS' FORUM



Dear Sir,

I have been a regular reader of The World Renewal for the last 6 years. In the April 2005 issue, I was very much motivated by the article 'Analysing Positive Thinking' by B.K. Surendran, in which he described important steps about positive thinking.

I fully agree with Bro. Surendran that the generation of peace is possible if our thoughts are positive and negative impulses are totally thrown out of mind. Positive thinking is the only way to maintain brotherhood, friendliness and godliness in this chaotic world.

In May issue, 'The Supreme Judge' by B. K.

Brahma Kishore was an encouraging article in which he described God Shiva as Law Maker, the Propagator of the rules and The Supreme Judge who administers Justice.

In May issue, I was also thrilled to read 'This Wonderland called India'—interview of B. K. Bro. Robin Ramsay, Australian actor, in which he shared the experiences of his visits to Mount Abu. It is really a great wonder that though an Australian, he loves Hindi and other Indian languages immensely. India is really a wonderland because it is here that God Shiva, who is the Supreme Soul, descends on earth and introduces Himself to His children. The narration how he came in contact with the Brahmakumaris organisation and how he further got influenced by its spiritual teachings, made a beautiful reading.

Finally, The World Renewal refreshes our minds. Most of the articles contained in it stimulate our intellects and provide a positive and constructive direction to our lives. Written by talented authors, the articles are really invaluable.

— P. Shyam Sunder
Hyderabad



New Delhi (Parliament House Library): B.K. Bro. Rohit Kumar Singla of Delhi, Pandav Bhawan, after giving Godly message to Bro. Rahul Gadhi, Hon'ble Member of Parliament.

Respected Editor,

The contents of the monthly magazine 'The World Renewal' are very good. However, I would like to make a small suggestion. If you include a Health Column, our magazine would become multi-faceted. Every month a small article on Health – Diet, Exercise and Yoga etc. would provide immense practical benefit to the readers. If

provided a chance, I can contribute in this area.

B.K. Sis. Sangeeta,
Siri Fort, New Delhi

Dear Editor,

I was extremely pleased by reading 'Education for Excellence in Life' in April issue in which the personal experiences of Bro. Om Prakash Bajaj, New Delhi with Brahma Baba were presented. The clear-cut portrayal of his experiences made me feel visualizing it directly while I was reading. The urge of the souls like me, to be under the direct guidance of Prajapita Brahma, the corporeal medium of Incorporeal God Shiva, may be fulfilled to some extent if you kindly present more personal experiences of those brothers and sisters who were fortunate to see him, and interact with him.

We were also delighted and inspired by the short story 'The Truth About the Truth' by B.K. Sudhakar Nair, in April and May issues. Kindly continue to serve humanity through this wonderful medium.

– B.K. Sita Lakshmi (Lecturer in English)
Rajahmundry (Andhra Pradesh).

Respected Editor,

I am deeply and sincerely grateful for your very kind encouragement and inspiration to writers like me for providing an opportunity in the Godly service through our esteemed monthly 'The World Renewal.'

In May 2005 issue, the interview of B.K. Bro. Robin Ramsay, Australian actor, director and playwright by Associate Editor B.K. Ranjit Fuliya is a classic example for students and scholars of print media. It is remarkable as it depicts Bro. Robin's understanding of divine knowledge, his generosity of heart and his love for Indian culture;

it also reveals the great homework done by Bro.B.K. Ranjit. We request you to continue providing such spiritual nourishment.

– B.K. Brahma Kishore,
(former Judge),Allahabad

Dear Editor

For the last three years, I have been a regular reader of the spiritual magazine – 'The World Renewal'. By reading it, we gain new knowledge on spirituality which creates zeal and enthusiasm in life. Really it is an informative, constructive and inspiring magazine. It is a guideline to individuals and leads us from the darkness of ignorance to the light of knowledge– "*Tamaso Ma Jyotirgamaya*". My hearty congratulations to all the writers and the editors.

– B.K. Arun Kumar Mishra,
Bair Garh (Orissa)

**TO OUR ESTEEMED
READERS**

We thank our readers for their overwhelming response to our column Readers' Forum.

No magazine can be complete without the active participation of its readers. We eagerly await your opinions and suggestions. Your suggestions would definitely inspire us to make each new issue a better one. Please send your letters alongwith complete name and full postal address/e-mail, to :

Readers' Forum,

'The World Renewal',
Gyanamrit Bhawan, Shantivan,
Abu Road-307510,
Rajasthan (INDIA),

e-mail: theworldrenewal@yahoo.co.in

IN COMPANY OF THE SUPREME SURGEON

Continued from May 2005 Issue)

■ B.K. Kalidass, Coimbatore

Soon I was taken into the operation theatre and put under sedation; I do not know what happened thereafter but Dr. Chezhan, Nephrologist, Dr. Palaniswamy and Dr. Anand, Urologists, Dr. Venkatesh, Anaesthetist, Dr. Krishnan, Cardio-vascular surgeon and other surgeons successfully performed the kidney transplant. I later learnt that the surgery which started around 7.00 a.m., ended around 12.45 p.m., and I came around only at 5.45 p.m., that evening.

I was happy that when I regained consciousness I could instantly re-emerge my soul-consciousness, God-consciousness and awareness of drama. Simultaneously, I felt immense pain in the abdomen region. But in retrospect, I now can say that I experienced only a fraction of the pain at the time because a great part of my consciousness was kept safe in Godly remembrance and divine thoughts. As there is 'background radiation' in cosmology, similarly ever since

I have understood Godly knowledge, a 'background consciousness' has always remained in reserve, untouched by immediate events but merged in thoughts about Shiva Baba. This state of mind was so exuberant that it enabled me to remain blissful even though my physical being was subjected to the utmost level of pain.

God's help is very unique and subtle. His remembrance, rather than His grace, protects us from sufferings and sorrow. This is well illustrated by a religious anecdote:

Lord Rama and Hanuman once had an argument over a trivial matter. Hanuman had no weapons but just the powerful mantra of Rama's name. Rama showered arrows on Hanuman, who sat in a meditative state chanting "Ram.. Ram.. Ram..." with deep devotion. Surprisingly, all Rama's arrows were powerless before Hanuman's prayer and finally Rama gave in and acknowledged that *Rama Naam* (Rama's name) is mightier than *Rama Baan* (Rama's arrow). *On the path of spiritual knowledge when a soul asks for Baba's mercy or*

help, Baba would say, "Child, you were once a worship-worthy deity, complete to the sixteen celestial degrees, living in total peace, purity and happiness. But now you have descended to the level of an ordinary human being. Therefore, recognize and have mercy on yourself, and help yourself by remembering Me alone. It is through My remembrance alone that you shall be absolved of past sins and be blessed with everlasting peace and happiness. There is no other method".

Thus I started remembering Baba with great love and concentration after the surgery. At times I had the experience that Brahma Baba was sitting on my bed giving powerful *drishti* (spiritual gaze) to me, radiating light and might into the core of me (soul). I had also many visions of Shiva Baba's as a point of light.

Imbibing something positive from everyone around us is a learning process which characterizes B.K. life. The days following the surgery I was kept in a transplant room, which is more secure than the Intensive Care Unit, where a Pentecostal nurse, named Beryl, looked after me. She was surprised to see me so cheerful sharing points of Godly Knowledge such as Soul, God, Time Cycle, Law of Action, Three Worlds and Death. In

the course of our conversations, I asked how she meditated and she said: "Every Sunday morning I would pray, I thank the Lord who protected me like the pupil of His eyes throughout this week".

This lovely thought inspired me. Here I was, a direct child of God, being protected by the Supreme Being, Shiva Baba, not only in this birth or in the Confluence Age but throughout the Time Cycle. So how grateful should I be to Baba, the Ocean of Love? If not for His supreme help I would have lost my mental balance, emotional stability, physical stamina, ability to face my pain, will-power, positive frame of mind, fearless attitude, steadfast mentality, resilient nature, maturity, courage, cheerfulness, inner peace, creative approach, firm belief, soul strength, self-

confidence and much more. Baba has provided me with these treasures through my sheer adherence to His path. So why should I not thank Him?

I convalesce speedily and my wounds healed fast. Moreover, I also had the chance of giving introduction of God Shiva to many of the doctors, nurses, laboratory and dialysis technicians, and other staff of the prestigious hospital. Sisters B.K. Rajeswari and B.K. Kalpana were kind enough to provide spiritual literature, pens and gift items for the above service. My parents also were very supportive in looking after me. My spiritual friend, B.K. Kumarasamy, had sat outside the operation theatre in deep meditation during the hours of surgery. I also take this opportunity to thank brothers B.K. Pasupathy and B.K.

Arivazhagan for taking the pains to typeset and e-mail my articles. A month or two after surgery, spiritual brothers B.K. Harish and Prof. B.K. Harish Shukla visited me at home bringing the vibrations (and of course *toli*) of Madhuban. My heart-felt thanks also go out to the divine family at Coimbatore, Madhuban and all over the globe.

It is a known medical fact that one kidney transplant may not last for a life-time; at the most it extends life for about 10 or 15 or 20 years. A transplantee has to take immuno-suppressants for a long time apart from going through other problems. But it is undoubtedly a bonus life. Baba says this last birth of yours, the 84th birth, is where you die alive (die from the old world, *sanskars* and habits) – the *marjeeva janam*. These days I have started telling my spiritual friends that this is my 85th birth as it is literally an extension of my 84th one!

Till I am bound with this body, both to give God's message to everyone as well as finish off karmic accounts, I will remain content knowing that the rest of my days will be spent in the company and protection of the Supreme Father of All Souls, God Shiva.

THANK YOU BELOVED FATHER, I LOVE YOU HEART AND SOUL!

(concluded)

Mesmerizing calm and serenity

I think I owe it to my luck that I was called by B.K. Bro. Bakshi to participate in the Seminar on Empowerment of Media held at the Brahmakumaris Headquarters, Mount Abu. After visiting the Ashram, I was thoroughly mesmerized by the calm and serenity prevailing there. The humility and sincerity of both the volunteers and the devout was equally soul-stirring.

I think in such a pious and serene environment one cannot think of anything else except remembering the Creator. The more one breathes there, the bigger is the urge to get united with the Almighty God. Due to official engagements of pressing nature, I could not spend more time in the sacred precincts of the Ashram, but it shall be my endeavour to visit the Ashram again at the first available opportunity and spend at least a week there.

– Jaswinder Singh, IPS

Postmaster General, Rajasthan Southern Region,
Ajmer

From the Archives:

CREATING A CIVILISED SOCIETY

A civilised society is based on the rule of law and natural justice. It is based on self-respect and dignity of the individual. In a civilised society, one has the feeling of security. One enjoys one's rights without hindrance as well as performs one's duty towards others with a sense of responsibility. One shuns uncivil behaviour and behaves properly with a spirit of co-operation, care and good wishes for all. How can we create such a society without first providing a firm moral foundation?

Is a scientifically advanced and economically affluent society necessarily a civilised society?

The present modern society, where people have high percentage of literacy, high per-capita income, high standard of living, etc., is considered to be civilised. But is it? When there are so many cases of rape, murder, child abuse, spousal abuse, corruption, violence, etc., can we call it 'civilized'? Where governments manufacture weapons of mass killing, where people alter their

levels of consciousness by consuming alcohol or intoxicating drugs, where there are illicit children, broken homes, divorced couples, where the majority is after money, sex and sensuous entertainments, can we call such a society civil? The crime rate, litigation and selfishness is increasing and one does not know or talk to his or her next-door neighbour; we cut down jungles, fell trees, expand the cities, use knives and forks and sophisticated gadgets – does this mean we are civilised?

No doubt there is better sanitation, education, civic sense, discipline and etiquette but 'civility' goes much deeper and higher.

There are more hospitals, courts, police stations, fire-brigades, schemes for social welfare, child-care, etc, but doesn't the existence of a greater police force and more courts indicate greater levels of crime and litigation, and in essence, a clear drop in integrity and righteousness? Similarly, the existence of large numbers of doctors, pharmacies and hospitals show that a lot more people are

suffering from various diseases than in the previous decades. Further, why is there an increase in psychosomatic diseases caused by or linked to mental stress, tension, worry, fear, fatigue, etc.? In the final analysis, doesn't all of this mean that we are facing a serious violation of moral, social, human and spiritual values?

The mere existence of ancient culture and philosophies doesn't point necessarily to a civilised society. What is the state of nations in the Eastern hemisphere? There is grave poverty, lack of sanitation, malnutrition, illiteracy, division on the basis of caste, community, etc., cases of rape, murder, abduction, extremism, militarism and violence. Although many great religions were established in the East and it continues to give birth to new saints and philosophers, what is the real condition of human beings?

All situations point towards the absence of values.

Whatever level of problems we may be encountering, they stem from a lack of moral sense. One may have his five senses functioning satisfactorily but one may not have this more elevated 'sense' of morality or the sense of human responsibility. Without this sense,

human beings are not truly 'human'; they are only beings. A society which does not comprise of 'human' beings is not a civilised society in the real sense, however sophisticated and advanced it might be in terms of education, intellectual and scientific development and material progress.

The seed problem underlying all problems, be it economic, social, political, or communal, is the individual human being, "I". External problems are mere by-products of the problems lying within every human soul: violation of human values.

Imbalance between scientific progress and emotional development

We have achieved industrial, scientific and technological progress but the human mind is emotionally and spiritually much weaker; there is severe inability to be in control of one's emotions, desires and ambitions. Despite being advanced intellectually, if we are not self-disciplined and are incapable of controlling our own thought-power, how can we work efficiently with matter or technology or the world?

The puzzle of life solved

We must realise that all sufferings are due to the presence of vices and absence of moral, human, social and spiritual values. Vices develop when we are ignorant of our true identity (of being a conscient point of spiritual energy, the soul), our true nature (of peace, happiness, wisdom, bliss, purity etc.), our true spiritual parent (Supreme Soul) and the nature of the world drama cycle. This ignorance can only be removed with Godly knowledge. God Himself imparts true spiritual knowledge, teaches us Rajyoga meditation and reveals effective methods of inculcating human values. Prajapita Brahma Kumaris Ishwariya Vishwa-Vidyalaya, through its 7000 centres around the globe, is imparting education in values and spirituality through spiritual knowledge and Rajyoga meditation to anyone open to self- and world-transformation. Value the present time for it is now that we can become yogi and holy.

(by Late B.K. Jagdish Chander)

POSITIVE NEWS

ROBOTS TO REPLACE CHILDREN IN CAMEL-RACE

Fixing of children on the back of camel in the camel-race will soon be a thing of the past. Due to international pressure, the government of United Arab Emirates (UAE) has decided to use robots in place of children in the camel-race.

"Gulf News", an English Daily of the United Arab Emirates, quoting a government official reported that this fabulous plan is the result of the initiative of President of UAE, Mr. Sheikh Khalif Bin Zayed.

It is pertinent to mention here that in this game of affluents, children are fixed on the back of a camel and the camel runs fast on hearing them crying. Every year children are brought from Pakistan and other countries for this purpose. Human rights organisations have been criticising this for a long time. Under international pressure, the government decided to fix robots on the back of camels. These robots will amuse us a lot on the instructions of the instructor. This robot has already been tested and in August, the first batch of this robot will join the games. Human rights organisations claim that either the children are smuggled or purchased for this game. Most of the children come from Indian sub-continent. The children are given drugs to get the desirable acts done by them. They are also not given enough food so that due to less weight the camel may run faster.

Courtesy: AMAR UJALA, DELHI

DATED 12-04-2005



STUDENTS' COLUMN



LIFE – A GIFT FROM GOD WHAT YOU HAVE, IS GOD'S GIFT TO YOU

AND WHAT YOU MAKE OF IT,
WILL BE YOUR GIFT TO GOD.

Life is a marvellous gift that we can enjoy day by day, minute by minute, if we fulfill our duties with total devotion and with the aim of giving happiness to all. The only pre-requisite to achieve this is the total focus on a single idea, that is, 'One should not abandon this world with empty hands'. Create your fortune by performing positive and beneficial actions. This quality should be maintained throughout one's life. As the word 'world' stands for the whole humanity, we should help everyone irrespective of their caste, creed, colour, nationality, religion etc.

The divine knowledge paves the way to make our life worth diamonds, through total transformation of one's personality. Vicious traits and tendencies vanish and we acquire virtues and values in life. This leads to empowerment of the self to such an extent that we can alleviate the burden of others as well as undertake very difficult tasks. A lovely saying comes to my mind:

"God loves those who have love for their fellow human beings".

The finest example of service unto humanity before us is our beloved Brahma Baba, who renounced all worldly pleasures and surrendered his life to help humankind. He performed deeds with a sense of detachment and without expecting any reward in return. He shouldered the responsibility of world transformation. From him one learns not to be selective in helping someone. He conquered attachment completely and thus

did not let nepotism blind his judgement. He led a selfless, devoted life for the upliftment and service of the humanity and gave million-fold return for God's sustenance.

LIFE IS A GAME, PLAY IT
LIFE IS A SONG, SING IT
LIFE IS A STRUGGLE, FIGHT IT
LIFE IS A JOURNEY, TRAVEL IT
LIFE IS A GIFT, PRESERVE IT

Life is 90% how we take it and 10% how we make it. So it's up to us how we wish to embellish this life – which is undoubtedly God's gift – and be of some help to the human race. To quote Shakespeare:

*"All the world's a stage,
And all the men and women merely players;
They have their exits and their entrances;
And one man in his time plays many parts".*

However long or short our lifespan may be, it is my feeling we should aim to live such virtuous lives so that people recollect our memories after we leave our physical costumes, just as we continue to sing songs in praise of Brahma Baba, who added life to years as well as years to life.

– B.K. Divya, (Class-XII)
V.V. D.A.V. School, Vikas Puri, New Delhi

A Rendezvous with the Self

One day 'I' woke up from sleep. I sat in bed and began talking to myself. 'I' noticed that 'I' was not using my body but still 'I' could generate words, feelings and emotions. As 'I' wasn't using my mouth, 'I' touched my throat to see if there were any vibrations (the ones needed to produce sound). But there was no such thing. Another thing that 'I' observed was that 'I' could see things other than those existing in my room. The term used for this is visualization, but think about it: there were some other eyes that 'I' was using. This meant that 'I' was something/someone different from this body. But then who am 'I', if not this body? This sounds interesting.

According to recent research, the word used

by humans the maximum number of times in a day is the consonant "I". We today identify ourselves with our body made of flesh and bones. Most of the time we are engaged in decorating and embellishing the body, not to mention the growing cosmetics brands.

But suppose a man is dead; the body is still there—flesh, bones. It is burnt and reduced to ashes or it is buried and gets decayed. What is missing which can feel the heat of fire or the suffocation of being buried? What is missing?

When I say, "I am in no mood to do something" or "I hope you did not mind"; which part of the body is this, which feels and thinks? There is no entity in the body, which is called mind, then what is it that we talk about?

When we say "Think before you leap", who is the one thinking? Is it the brain? If yes, then why do we all think differently even when we have the same brain size (1400 CC)? Then where is the intellect?

Moreover we say, "As you sow so shall you reap", we also say that "this is his/her nature" or "he is very sweet natured". Which part of our body is this entity — nature?

Also, we identify ourselves on the basis of gender—male/female; on the basis of religion—Hindu /Muslim/ Christian; on the basis of nationality—Indian/British/French.

Well, if we shed all differentiation based on gender, caste or creed, what is left behind?

When we say, "This is my house" then we mean that this house belongs to me. That does not mean 'I am house'; does it? This sounds absurd, isn't it?

But when we say, "This is my body", then whose body is it? Because that entity isn't the body, then who is it?

Spirituality is the science that has the answer to all these questions. This entity is the "SOUL". The soul is not the body but it is the soul's body. The missing element is the soul, something that is indivisible and immortal. It constitutes of three

faculties —mind, intellect, and *sanskar* / predisposition, which cannot be identified with the body.

As we can't even see minute microscopic organisms, we need the microscope for it, in the same manner the soul is a minute sparkling point of light, which can be seen with divine vision (*divya drishti*), or the eye of the intellect.

The next question then would arise: where does the soul reside in the body? Where does the driver sit in the car? He sits where the control is. Our body is controlled through the brain; hence, the soul resides in the brain and its surface marking is in the centre of the forehead where we put the *tilak* symbolizing the soul.

The mind has a constant flow of thoughts like waves in an ocean. These thoughts are interpreted by the intellect, which judges what is right or wrong, and then the soul performs actions through the body. The actions are recorded in the soul in the form of *sanskars*.

So, now remember and acknowledge that it is not the body which is walking, but it is I, the soul — a point of light.

— B.K. Kimmi Singla, B.A. 1st Year,
Sri Venkateshwara College, Delhi

GOOD NEWS FOR STUDENTS!!!

Starting from the month of June, 2005, the Students' Column has been introduced in your magazine. Students may please send their Articles/Poems etc. on the topics: Human Values, Environment, Positive Thinking, Peace, Discipline, Universal Harmony, Inter-Religious Harmony etc. with complete name and full postal address/e-mail, to:

Students' Column,

'The World Renewal',
Gyanamrit Bhawan, Shantivan,
Abu Road-307510,
Rajasthan (INDIA),

e-mail: theworldrenewal@yahoo.co.in

FACE-TO-FACE AS FRIENDS

(Continued from May 2005 issue)

— Jose David, Kochi

I fathomed the further depths of creation: Listen, my son, to your father's instruction: "By wisdom the Lord laid the earth's foundations, by understanding he set the heavens in place. The lord brought me forth as the first of his works. I was appointed (*or fashioned*) from eternity, from the beginning, before the world began. And when he marked out the foundations of the earth, then I was the craftsman at his side. I was filled with delight day after day, rejoicing always in his preference, rejoicing in his whole world and delighting in mankind." (Proverbs 8)

The Proverbs seemed reverberating the Bhagavad Gita:

*na jayate mriyate va kadachin
nayam bhutva bhavita
va na bhuyah
ajo nityah sasyato 'yam
purano
na hanyate hanyamane
sharire*

"For the soul there is neither birth nor death at any time. He

has not come into being, does not come into being, and will not come into being. He is unborn, eternal, ever-existing, and primeval. He is not slain when the body is slain." [*Bhagavad Gita*, 2.20]

So, according to Bible and Gita, I always exist with God. The lord brought forth me from eternity, and I was the craftsman at his side when he marked out the foundations of the earth. If I, the soul was created, the question may be raised whether or not God, the Supreme Soul, was also created. Of course, this is not the case. God is eternal, and His parts and parcels are also eternal.

*yad yad vibhutam sat tvam
srinad urjitam eva va
tat tad evavagaccha tvam
mama tejo- 'msa-
sambhavam*

"Know that all opulent, beautiful, and glorious creations spring from but a spark of My splendor" (*Bhagavad Gita*, 10.41).

The difference is that God never accepts a material body, whereas the individual soul

incarnates in a body to enact his role.

"Brother," he said, "when in the garden we were deities or 'gods'".

"Yes, it has been written," said I, "When the Jews picked up stones to stone Jesus, he said, 'I have shown many miracles from the Father. For which of these do you stone me?'" "We are not stoning you for any of these," replied the Jews, "but for blasphemy, because you, a mere man, claim to be God." Jesus answered them, "Is it not written in your Law?" (John 10:31:34). Jesus was quoting the Psalms:

God presided in the great assembly;

He gives judgment among the 'gods'

I said, "You are Gods";

You are all sons of the Most High.

But you will die like mere men" (Psalms 82)

But Lord God desires that his 'gods' should not die like mere men. He has not hidden His face from His children. He has come to rescue, redeem, restore their fortunes and to fill them with joy in His presence. Because the lord is a refuge for His people and a stronghold for His children.

Yet, the cyclic theory quarreled much with my senses. In science, they say that

every motion is in a circle. If you can take up a stone, and project it into space, and then live long enough, that stone, if it meets no obstruction, will come back exactly to your hand. A straight line, infinitely projected, must end in a circle. If the genesis said in the Proverbs of Solomon, son of David, King of Israel, is true, and if the soul is eternal, the creation should be a cycle. Or else it should have an end; however, this is not the case.

Look at man in the garden. God asked: "Have you eaten from the tree, whose fruit I forbade you to eat?" "The woman," said Adam, "whom you gave me to be my companion, she it was who offered me fruit from the tree, and so I came to eat it." Then the Lord God said to the woman, "What made you do this?" "The serpent," she said, "beguiled me, and so I came to eat." Adam fell from the paradise. God said, "Dust you are and into dust you shall return"

According to some Muslim pundits, Adam asked Allah "Prior to my creation, had you foreseen that I will commit sin against you? Or did I invent it my own?" Allah replied: "Yes, I had foreseen it before your creation." And Adam said:

"Forgive me as you had foreseen my flaw."

Adam asked Allah: "Was that not your hands that created me?" "Yes," said Allah. "Was that not your breath you breathed into me?" "Yes," said Allah. "Doesn't your mercy outweigh your wrath?" "Yes," said Allah. "Wasn't I destined to disobey you?" "Yes," said Allah. "If I repent and get atoned, can I regain the paradise?" "Yes," said Allah. Regaining means a cycle.

The theory of reincarnation too was unacceptable to me. St. Augustine (A.D. 354-430) who was the main father of Roman Catholic Church and one of the leading formulators of Christian philosophy had written: Let these Platonists stop threatening us with reincarnation as a punishment for our souls ... Reincarnation is ridiculous... There is no such thing as a return to this life for the punishment of souls ..."

But now I traveled to Christian thoughts before Augustine. The early church had accepted reincarnation. Origen of Alexandria (A.D. 185-254), generally considered as the founder of formal Christian philosophy and who was the first to attempt to establish Christianity on the basis of philosophy as well as faith, had

taught reincarnation. He had believed that the soul was originally created and it transmigrated because it could always refuse to give itself to God. It is interesting that neither Origen nor Christ rejected transmigration. It wasn't until Augustine, that it was rejected.

*Dehino 'smin yatha dehe
kaumaram yauvanam jara
Tatha dehantara-praptir
dhiras tatra na muhyati*

"As the embodied soul continuously passes in this body from boyhood to youth to old age, the soul similarly passes into another body at death. A sober person is not bewildered by such a change. (*Bhagavad Gita* - 2: 13)

*Shariram yad avapnoti
yac capy utkramatisvarah
Grhitvaitani samyati
vayur gandhan ivasayat*

"The living entity in the material world carries his different conceptions of life from one body to another as the air carries aromas. Thus he takes one kind of body and quits it to take another" (*Bhagavad Gita*, 15:8)

Am I a sober person not to be bewildered by such a change? The Psalms says:

"Therefore my heart is glad and my tongue rejoices:

My body also will rest secure, because you will not

abandon me to the grave nor will you let your Holy One see decay". So I will not be abandoned to the grave. The Bible says about the dead coming back from their graves. Their bodies didn't decay because God did not "let his Holy One see decay" in the grave. They were with flesh and bones.

When Jesus gave up his spirit on the cross at Golgotha the earth shook and the rocks split.

The tombs broke open and bodies of many holy people who had died were raised to life. They came out of the tombs, and after Jesus' resurrection they went into the holy city and appeared to many people (*Math. 27:52,53*).

When Christ was raised from the dead on the third day, he appeared to the disciples. They were startled and frightened thinking they saw a ghost. He said to them, "why

are you troubled, and why do doubts rise in your minds? Look at my hands and my feet. It is I myself! Touch me and see; a ghost does have flesh and bones as you see I have!" (Luke 24: 37,39). In miracle, Jesus has raised Lazarus and a widow's son back to life. And he has healed many demon-possessed persons. If these could happen, reincarnation too could happen, thought I.

(To be continued...)

(Continued from page no. 12)

TOWARDS A BEAUTIFUL MIND

negative pessimistic attitude causes the body to loose energy and become toxic.

In one study, two groups of children were given a difficult task to complete. One group was encouraged and praised, while the second group was told that the task was difficult and that they might not be able to complete it.

The first group finished the task successfully while the second group left it incomplete, lost their energy and failed. Their blood report also showed lowered sugar level after they were discouraged and criticized, while the test of the first group showed increased sugar level after they were praised and encouraged.

So, science and research too prove that it pays to keep an optimistic attitude and to have self-confidence and faith in oneself. Pessimism is an enemy that threatens your peace of mind. Always look for the silver lining to every dark cloud. Remind yourself that no

matter how bad a situation may be, this scene in the drama of life shall pass by too.

Everyday, say these words to those around you with conviction and sincerity: "Thank you very much for everything. I have no complaints at all".

These words will bring out the best in you and in the relationships you have. Many people have done us favours in our lifetime, and by acknowledging the same we show respect to them and maintain our humility and appreciation for what we receive. It also helps us to forgive and forget people for their wrongs. Don't force yourself into saying things you are not ready for. Have the faith that times will change and things will improve for yourself and in your relationships. Faith in the self and in the higher divine being can do the job of setting things right.

A mind that attracts, heals and empowers the self and others is a beautiful mind; with a little attention and effort, this is possible for all of us.

(concluded)

ETERNAL WORLD DRAMA—

The Eternal Interplay of Physical and Metaphysical Energies – XIX

Contd... from May 2005 issue

■ B.K. Nityanand, B.K. Colony,
Abu Road

We have been discussing about how different aspects of self-esteems bestowed by the Supreme Father God Shiva help in our spiritual evolution from a human being to a divine being. Let us further delve into the ocean of knowledge, God Shiva, for more self-esteems that will help us in our efforts to transform the self from a human being to a divine being.

***“Master Almighty” or
“Master Sarva
Shaktiman”***

This self-esteem kindled by the Almighty Supreme Father, God Shiva raises our limited consciousness or personal consciousness to the unlimited or transpersonal realms. This self-esteem, when maintained continually, will keep our consciousness focused on the self or soul – the micro point of sentient light radiating seven hues of VIBGYOR; will keep us constantly linked to the Almighty Supreme Soul, our Supreme Father, Supreme Teacher and Supreme Preeceptor who is also a

micropoint of sentient light that radiates hues of VIBGYOR. This link with the supreme elevates our consciousness to such a level that we become equal to the Supreme Father as far as the basic attributes of bliss, knowledge, peace, love, joy, purity and power are concerned. When we return to our original attributes the whole universe transforms because—as per the Supreme Versions, the universe transforms when the human souls transform. We have already discussed about the interconnectedness of the state of the soul and the state of the environment through mind, body, relationship and society in part XIV of the series. Because of this interconnectedness collective transformation of our selves leads to transformation of the whole universe. God has revealed that at the gross or macro level, the transformation of the universe will be effected through atomic war, natural calamities and civil war. Even these gross means of world transformation, scientists say, are triggered by the collective

turbalance of the human consciousness.

We shall now examine how modern science substantiates the above spiritual knowledge through excerpts from Dr. Deepak Chopra's speech¹ in which he shared some insights on the relationship between body, mind and spirit, universal consciousness and the physical world.

What is the Reality?

Dr. Chopra first talked about Newtonian model of reality that dominated science at least for 300 years. It says—“you and I are physical machines that have learned how to think”. Dr. Chopra said: “This view gave rise to the industrial age which was extremely successful... But in the field of medicine, this materialistic view of the universe is found to be incomplete. *We find that the mechanisms of illness and origin of illness are different. This origin has its base in how we live our lives, and that includes not only eating, digestion, and metabolism, but also how we experience the world through our senses. It also includes our inner consciousness—how we think, how we feel, how we perceive who we are, our sense of self, our feelings, our desires, memories and dreams. The inner world that no one else has access to, is constantly shaping our biology. Health is the return of the*

memory of wholeness, a higher state of consciousness in which you spontaneously make choices that are nurturing, not only to your well-being, but are nurturing the well-being of others, are nurturing to the well-being of the eco-system, the web of intelligence of which we are integral part.

The human body appears like an anatomical frozen sculpture when you see anything through the senses, but the human body is actually a very dynamic field of molecules, a very dynamic field of energy; the human body is even in a dynamic exchange of the elements and forces of the universe.... The Greek philosopher Heroclitus said that you should think of the human body something like a river, just like you cannot step into the same river twice because new water is flowing in, the real you cannot step into the same flesh and bones twice... you can examine this very scientifically – Every time you breath in, you breath in 10^{22} atoms from every where else, every time you breath out, you breath out 10^{22} atoms; these atoms have their origin in every cell of your body. So at the atomic level we are sharing our organs with each other. The great American poet Walt Whitman said: 'Every atom that belongs to you also belongs to me'. We can prove today, through radio active isotope

experiments that right this moment you have in your physical body at least a million atoms that were in the body of Buddha or Michel Angelo or Jesus Christand so on.. In one year you replace 98% of all the atoms in your body. At the atomic level, you replace your stomach lining every five days; your skin once a month; your skeleton every three months; even the DNA which holds the genetic material holding memories of millions of years of evolutionary time, the actual raw material of DNA the carbon, the hydrogen, the nitrogen – comes and goes every six weeks like migratory birds... my personal body two years ago is dead and gone, but you will agree that this is the scientific proof of life after death because, every day, I and my consciousness are out living molecules on which I ride, I am riding these molecules, but I am not the molecules I ride... this skin comes and goes every month. They reincarnate once a month, but they don't forget the pleasure and pain; my stomach cells change every five days, but they don't forget how to make hydrochloric acid as they incarnate and re-incarnate every five days... *so it is very obvious that we are not our physical bodies.. When Dadiji said, 'Main aur Mera'—she meant*

the same scientific fact – 'you are not your physical bodies'... So don't confuse the horse with the rider; I am riding these molecules, but I am not the molecules I ride. The body is made up of atoms; what are the atoms made up of?

Today science tells us that these atoms are made up of subatomic particles; these particles are moving at lightning speed around large empty spaces. These subatomic particles which we call electrons, photons and measons... are not material things, it's a fluctuation of energy and information in a huge void. This information and energy is vibrating at subatomic level at the speed of light at 186 miles per second or 300 kms per second. So if I could see through the eyes of a quantum physicist, then I will see a huge emptiness, i.e. 99.9% of your body will be empty space and 0.001% of it will be fluctuations of energy and information that are blinking on and off at the speed of light. The whole universe is made of this empty space; the whole material world is made out of nothing. So the fundamental question of science today is what is this nothingness from where we have all come?... Again we have to go to the Sufi Jalaluddin Rumi because he says that 'we have come spinning out of

Note: For further clarifications, the author can be contacted on e-mail: bknityanand@yahoo.com

nothingness scattering stars like dust'. If you look at these words—'spinning out of nothingness' this is within your power. *What is a thought? Where do the thoughts come from? Today scientists tell us, these subatomic particles of energy and information are not energy and information either, they are fields of possibilities, floating as possible energy, as possible information, waiting for a conscious observer to ask a question.*

So at the most fundamental level, the universe is neither energy, nor information, nor space, nor time, nor matter, but a field of possibilities, a field of potentialities, field of pure consciousness that is waiting to be asked questions.... Science tells us that the world appears to be continuous, but actually it is a discontinuity just like a movie that appears to be continuous on the screen, but if you go to the projection room you find the movie is a series of still frames with gaps in between. When the reel is moved fast enough, I don't see the gap I see only the still frames—one series of still frames and another series of still frames—I see continuity on the screen, but the fundamental fact is that there is discontinuity, a gap in between, i.e. there is an on, there is an off. So the

continuity is 'Maya'— a perceptual artefact, the reality is discontinuity, on-off, on off. Similarly, when you see a Christmas tree, the light going around the tree is an illusion, actually, no light is going around the tree, it's only the light bulbs going on and off in a sequence... *because the eye is such an instrument that can see the on, and not the off—in a particular frequency, it creates a continuity in my consciousness; the reality is discontinuity...so our senses are unreliable...Dadji said something as vibrations—the whole universe is vibrations of on-off...you can see me because light is hitting your retina on-off, on off; as a result of this on-off action potential going to the brain, an on-off binary code is created. As a result of on-off binary code you can see me... so all sensory experiences are because of the on-off binary code in the cell membrane of a neuron.* How do neurons interact with atmosphere, nobody knows... If every thing is on-off, we know, on is subatomic vibrations, what is in the off? Today scientists refer to the off of the universe as discontinuity. Now you are listening to me, O.K. *just turn your attention to who is*

listening; when you are listening to me, become aware of the listener, and if you feel a presence that's your soul. It's not your mind. In that presence thoughts come and go, in that presence emotions come and go, in that presence perceptions of the world come and go; in that presence the molecules of your body come and go; every thing comes and goes, only the presence remains. Our great Rishis said — hold on to that presence, that is the only real thing about you... So the spiritual presence is in the discontinuity, OK in the flash between this and this is the presence...Every image, every sound, every touch, every taste, every smell is an on-off binary code in your cell membrane; but between the on and the off is the presence in whom the on-off takes place and that's all our reality. The world exists only in consciousness. Consciousness conceives, governs, constructs.... the mind, and the biology to become the universe".

We shall continue with the discussions on **discontinuity** in the forth-coming part of the series. ●

Note (1) The excerpts are from 'A Day with Dr. Deepak Chopra' on 6th January 2005. It was part of the 'National Conference on New Dimensions in Healthy Living' at Academy for a Better World, Gyan Sarovar, Mount Abu, Rajasthan, India.

Godly Service Report

Contd. from page...1

treated more than 600 patients.

The services were also rendered in all the other camps, though they were smaller camps. Most of the victims have now started to ask for the things they need to continue their

work. Some asked if BKs could also buy them sewing machines, some asked for a bicycle to go out and do their fish business, others asked for fishing boats, etc.

In the two days the team

gave the poor people some happiness. BKs found that their intermingling with the victims made them easy and some even said that Brahmakumaris organisation is different. They said the BKs were the only ones who seem to be concerned about their personal and medical problems.

A Soothing Touch

This is a letter received at Brahma Kumaris Rajyoga Centre, 55 Peters Lane, Dehiwala from a Tsunami victim at Batticaloa. The letter was received after BKs Tsunami service from 22nd to 24th April 2005. The Tsunami also received "God's Message" booklet and a Blessing.

THANKS AND GOD BLESS YOU

No 3,love Lane,
Batticaloa, Sri Lanka

Dated 5th May 2005

Dear friend,

Please give me a little of your time as I wish to unburden what is in my heart to one who will understand. Something touched me very deeply recently when a person who lives in a refugee camp and comes home to help out with odd jobs, came with a bucket and a hurricane lamp, handing both to me with a big smile said, "Amma you have lost everything when Tsunami fully destroyed your beautiful house and everything in it at Navaladi (The most affected place where even roads and trees were swept away), so that you had to even

borrow a cup and saucer from a neighbour, with all that, you have given me a small job. I know God, that you so humbly adore, will very soon give you all that. So please accept these which were given by charitable good people, as I have these. I felt it will be useful to you".

What he said was correct; we lost everything, only a few coconut trees remain. We hope, with God's help, to rebuild. I humbly pray "Dear Lord Thy will be done". Even though up to date we have not received any relief in cash or kind, I know that for the ALMIGHTY nothing is impossible. This simple gesture from one I never knew before touched me deeply. I just want to tell you how grateful I am for the generous gift of the bucket and lamp which I shall always keep as a silent reminder that the milk of human kindness does exist among God's Chosen people. May I add God Bless all of you who are involved in this service of love in the MASTER'S name.

— Yours very sincerely

Anna Casinader

(signed)

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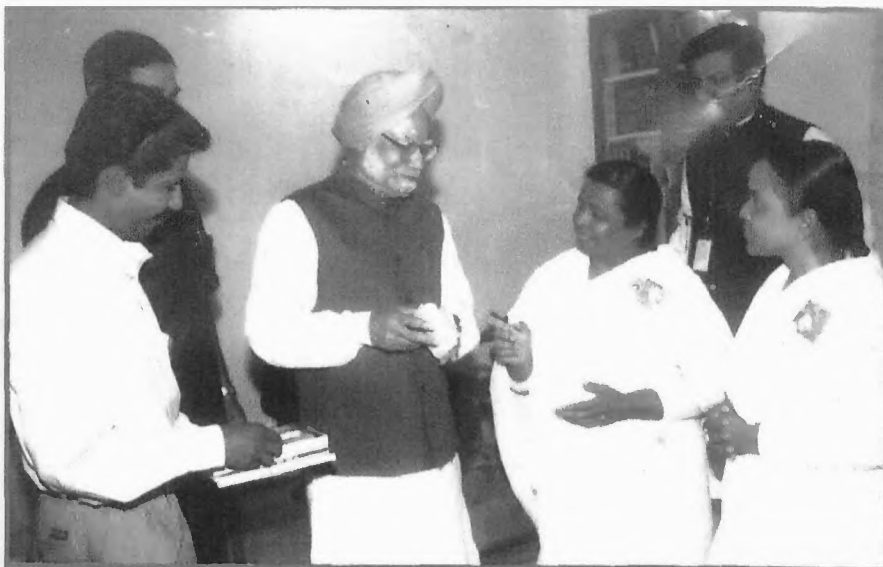
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1. Indore: Bro. Babulal Gaur, Hon'ble Chief Minister of M.P., being presented a Godly gift by B.K. Sisters Kusum and Rajni. 2. Dehradun: Bro. Sadhuran, Hon'ble Minister of Uttaranchal, being presented a Godly gift by B.K. Sis. Manju. 3. Mount Abu (Gyan Sarovar): Sister A. S. Davar, former Principal, Rajyogini Hriday Mohini, B.K. Sisters Chakradhari, Manju, Savita, Bro. Ramesh Saehdeva and others inaugurating a function of the Womens' Wing. 4. Bhubaneswar: Seated on the dais on the occasion of 29th anniversary celebration are: Prof. Dr. Bhakta Charan Panda, Vice Chancellor, Utkal University for Culture, Bro. Arvinda Dhali, former Minister, Bro. Vijay Kumar, Editor, Utkal Mail and Rajyogini Dadi Sandeshi. B.K. Sis. Leena is at the mike. 5. Jabalpur (Napier Town): Justice Umesh Chandra Maheshwari, Judge, M.P. High Court, addressing the Spiritual Symposium. Others seated on the dais are: Bro. Rajesh Pathak Pravin, Littérateur, Bro. S.M. Pal Khurana, Vice Chancellor, Rani Durgavati University, B.K. Urmila and B.K. Bhavna. 6. Sojat City: B.K. Asha and B.K. Padma in a spiritual conversation with Bro. Lakshmi Narayan Dave, Hon. Minister for Minerals, Forests and Environment, Rajasthan, Sis. Lakshmi Baru Pal, MLA, Sis. Ekta Jain, Chairman, Sojat and others. 7. Jaipur: Bro. Prabhulal Saini, Hon'ble Minister for Agriculture and Dairying, Rajasthan, being presented a Godly gift by B.K. Sis. Vidya. 8. Rajpura: B.K. Sisters Shanta and Kailash presenting a bouquet to Maharani Pranit Kaur, M.P., Rajpura. Bro. Rajendra Raja, Chairperson, Municipal Council is also seen.

Regd. No. 19818/70, Postal
Regd. No. RJ/WR/25/13/
2003-2005, Posted at
Shantivan-307510 (Abu
Road) on 9-10th of the month

Ahmednagar: Dr.
Manmohan Singh,
Hon'ble Prime Minister
of India, receiving Godly
gift from B.K. Sis.
Rajeshwari, B.K. Bro.
Deepak and B.K. Sis.
Suprabha are also
seen.



Mount Abu: H.E. Sis.
Pratibha Patil, Governor of
Rajasthan inaugurating
the conference on 'Value
Education and Spirituality'
by lighting the lamp, along
with Rajyogini Dadi
Prakashmani, Chief of
BKs., Prof. Prem Kumar
Sharda, former Vice
Chancellor, Gujarat
University, Surat, Dadi
Ratan Mohni, B.K. Bro.
Nirwair and others.



**Mount Abu (Gyan
Sarovar):** H.E. Bro. K.M.
Seth, Governor of
Chhattisgarh, First lady
Sis. Veena Seth,
Rajyogini Dadi Ratna
Mohini, B.K. Bro. Nirwair,
B.K. Bro. Om Prakash,
B.K. Sis. Mohini and
others inaugurating the
programme on Media,
Society and Human
Values.

